

**Path To Abundance, Inc.**

# **The Solfeggio Frequencies**

**174 Hz ~ Foundation of Conscious Evolution**

## **How To Use This Audio**

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## **Solfeggio Frequency Meditation**

### **174 Hz: Foundation of Conscious Evolution**

**Access The Meditation Here:**

<http://mymoneyhealing.com/money/solf174download.html>

#### **What are the Solfeggio Frequencies?**

Solfeggio frequencies make up the ancient 6-tone scale that was used in sacred music, including over 150 exquisitely beautiful and widely known Gregorian Chants. The chants and their unique tones were believed to impart spiritual blessings when sung in harmony. Each frequency carries specific healing energy to balance your body, mind and spirit and ultimately keep them in perfect harmony.

#### **How to use this audio:**

This frequency (174 Hz) creates the foundation for the acceleration and evolution of consciousness by liberating guilt and fear.

There is a lot of information available on how to utilize the ancient Solfeggio frequencies. In my experience with them, the less you do, the more therapeutic benefits you will receive. This is great news as it means all you need to do is listen to this audio and allow the frequency (and your higher consciousness) to do the healing work that you need at this time.

- Your healing needs change as you grow and change so feel free to use this audio as often as you wish. Simply, follow your own intuitive guidance. It will not steer you wrong.
- It is not necessary to listen to the Solfeggio frequencies in any specific certain order. Again, your unique needs and desires can guide how and when you use these special healing frequency tones and in what order.
- Headphones are not essential but they may help you increase the stimulation and focus. Try to use good quality stereo headphones or speakers whenever possible and play the music at a comfortable level.
- Listen as often as you are able but I recommend approximately 3 times per week, if possible. Simply find your own comfortable pace. There's no need to do too much at once. The ultimate goal is to experience and achieve wonderful healing and harmony by using these special tones.
- Find a quiet and comfortable place where you may sit or lie down. There's no special "Solfeggio position," to be in and you may keep your eyes open or closed, whichever is most comfortable for you. You can even play this audio in the background during your daily activities (please don't use it during activities where your full attention is required, such as driving, etc.).
- While using this recording it is not necessary to use any particular affirmations. Simply let the music and tones wash over your body, mind and spirit. Let yourself be open and awaken to the energy of these healing tones. All is well and all is happening in perfect divine timing.

**ENJOY!**



Thank you so very much for allowing me to support you on your fantastic journey.

It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I also wish you a life of love, joy, passion and prosperity! After all, these are your birthright!

If you feel inspired to continue moving toward your goals and dreams with my guidance, I would be honored to continue supporting you on your path to your most cherished goals and dreams.

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**Live The Life You Came Here To Have!**